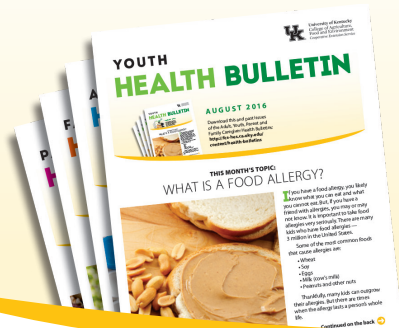




# YOUTH

# HEALTH BULLETIN



## JUNE 2018

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<http://fcs-hes.ca.uky.edu/content/health-bulletins>

### THIS MONTH'S TOPIC:

## HELP KEEP DAD HEALTHY!



**N**ational Men's Health Week is each year leading up to Father's Day. This week is a reminder for men, like your dad, to take steps to be healthier — but they do not have to do it alone! In a recent survey, 46 percent of kids said they worry about their parents' health. In addition, 69 percent of kids would like their parents to make changes to be healthier. Maybe your dad would be surprised to learn that you are concerned about his health.

So let's do something about it! This Father's Day, give your dad another reason to celebrate by helping him be the healthiest man he can be. What can you do to make this Father's Day special? Celebrate National Men's Health Week, June 11-17!

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# This Father's Day, give your dad another reason to celebrate by helping him be the healthiest man he can be.

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Here are 5 health focused activities to make this Father's Day fun — but feel free to be creative!

## For his nutrition

Make a delicious and healthy dinner together. You can treat Dad to dinner out at a restaurant anytime — instead, make dinner together and experiment in the kitchen! Making a delicious, healthy dinner based on vegetables, fruit and whole grains can help Dad maintain a healthy weight.

## For his mind

Relaxation is important for your dad's physical and mental health. Research to find a local wildlife preserve, mountain or nature trail, and plan a hike for the two of you. You can even pack a hammock to just relax in nature. There are major health benefits to being outside and walking — plus, you will get quality time to connect with your dad.

## For his stress

Too much stress can lead to higher health risks. If you can, help Dad de-stress by getting on or in water. Water is healing and one of the best ways to get your dad to de-stress. If you are by a river or lake, you can rent a kayak, paddleboard, canoe, paddleboat or just float. You can also go fishing or pack a picnic. Maybe just spend an afternoon at the local pool.



## For his fitness

You want to encourage your dad to get moving by organizing a family game. Get outside and play a family football, golf, baseball, tennis or soccer match that brings you, Dad and your siblings together for healthy exercise. Weight management through exercise can help prevent diseases, such as diabetes.

## For his heart

Show your dad some love by giving him a nice long hug. This releases oxytocin, a hormone and brain chemical that is linked to happy feelings. In addition, studies have shown that hugs can help lower blood pressure, lower heartrate, boost the immune system, fight infections and lift depression.

### REFERENCES:

- <https://kidshealth.org/en/kids/stay-healthy?WT.ac=k-nav-stay-healthy>
- <https://kidshealth.org/en/kids/healthier-parents.html?WT.ac=ctg#catf1>
- <https://www.cdc.gov/features/healthymen>

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**HEALTH BULLETIN**

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